

## When your relative can no longer live at home...

No matter how caring and skilled a caregiver you are, the time may come when the safest choice is for your relative to enter an assisted living facility or nursing home. When that time comes, you may wish to visit the COA to discuss which facility would best suit your relative's needs. We have brochures from about 200 area facilities. We can also give advice on making the transition easier.

## Especially for you...

Bedford has many resources to help you make your caregiving easier.

The COA is happy to speak with you about concerns you may have or how you may cope with strong emotions regarding caregiving. In addition, we offer many informational programs of interest to caregivers to which you are welcome.

**Minuteman Senior Services** participates in a Caregiver Support Project that offers in-home training to caregivers, information and referral, and help planning care, among other services.

## Resources

**The Bedford Council on Aging**  
781-275-6825

**Minuteman Senior Services**  
781-272-7177

**Eldercare Locator**  
1-800-677-1116

**Bedford Board of Health**  
781-275-6507

**Bedford Local Transit**  
781-275-2255

**Bedford Police Department**  
Officer Kristen Dineen, Senior Liaison  
781-275-1212, x. 175

**Bedford Fire Department**  
781-275-7262

**Bedford Veterans Agent**  
781-275-1328

**The Bedford Council on Aging**  
12 Mudge Way  
Bedford, MA 01730  
781-275-6825  
[COA@bedfordma.gov](mailto:COA@bedfordma.gov)

# If an Elder Depends on You...

## *Tips and Resources for Bedford's Caregivers*



## You are not alone...

About one in four U.S. households provides care for an elder relative. Your relative may live with you or in a nearby assisted living or nursing home or far away. You may be a caregiver at all times or only a few hours per month. Whatever your situation, Bedford has resources to assist you.

## Evaluate needs...

The first step in caregiving is to determine what services need to be provided. The key concern should be safety. While cleanliness of the home or the ability to be with people may be what you wish for your relative, he or she may value independence more. Until deemed not legally competent, elders have the right to refuse services or a move to a facility. If your relative has been recently released from a health care facility, he or she should have a discharge plan from the facility's social work department. If not, you may wish to have someone else come to the home to recommend a package of services. You may start with the Council on Aging. Private Geriatric Care Managers also offer this service for a fee. If your relative lives out of our area, call the Eldercare Locator for the name of an agency near them. You will need to constantly monitor whether it is time to expand or change services by phone or visits.

## Arrange services...

Services available include:

**In-home care** such as nursing; personal care for dressing, toileting, and bathing; help with housework and shopping; and companion care.

**Meals-on-Wheels** from Minuteman Senior Services to deliver lunches and frozen dinners five days each week.

**Social/Medical Day Programs** for daily activities and supervision

**Respite Care** in the home or a nursing facility while you are on vacation or attending to your own needs.

**Community Nursing** by the Board of Health for non-hands-on services such as education and nursing evaluation.

**Medical equipment** offered by the Board of Health. The COA loans wheelchairs.

**Transportation** around Bedford is provided by the Bedford Local Transit and to medical appointments by the COA.

**Well being checks, security checks of home, and a registration program for seniors who wander** are offered by the Bedford Police Department

**Money Management** by Minuteman Senior Services to help seniors who can no longer pay bills or manage money

**Emergency Services**, such as medication delivery during storms and registration of medical information for use during emergencies; help with smoke alarms and other fire prevention by the Bedford Fire Department

Services for which no agency is listed are provided by many agencies. To get the information you need to arrange services, call the COA and speak with our Elder Services Coordinator.

## Paying for Services

Because Medicare does not pay for most long term care, you may also explore with the COA other ways that these services may be partially subsidized.

**Minuteman Senior Services**

**Veterans benefits**, information about which is available from Bedford's Veterans Agent

**Medicare Supplemental/HMOs**

**Long Term Care Insurance**

**MassHealth** (Massachusetts' Medicaid)

For information about insurance programs, make an appointment with the **SHINE** counselor at the COA.